





# November Menu - Urbana Senior Center

301-600-7020

UrbanaSeniorCenter@FrederickCountyMD.gov

[www.FrederickCountyMD.gov/aging](http://www.FrederickCountyMD.gov/aging)

The meal is served at Noon. Reservations must be made at least 48 hours in advance.  
\$4.80 per person per meal. Milk, juice and bread are offered each meal. **Menus are subject to change.**

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>
<b>3</b> Baked Potato Chili con Carne Shredded Cheddar Cheese Fresh Tossed Salad Applesauce	<b>4</b> <b>Election Day</b> <b>All American Hot Dog Meal</b> Hot Dog Coleslaw Baked Beans Fruit Cookie	<b>5</b> Chicken Salad Sliced Tomatoes Potato Salad Lettuce	<b>6</b> Grilled Cheese Sandwich Tomato Soup Tossed Salad Fruit
<b>10</b> Meatballs Pasta in Tomato Sauce Green Beans Applesauce	<b>11</b> <b>Center is Closed</b> <b>Veterans Day</b> 	<b>12</b> Roast Beef on Kaiser Roll Lettuce & Tomato Potato Salad Coleslaw Fruit Cocktail	<b>13</b> <b>Breakfast for Lunch</b> <b>with Nurse Steve</b> 
<b>17</b> Chicken w/Gravy Mashed Potatoes Peas & Carrots Diced Peaches	<b>18</b> Cucumber Tomato Salad Meatballs Pasta in Tomato Sauce Collard Greens Fresh Orange	<b>19</b> Ham, Green Beans & Potatoes Goulash Pineapple Tidbits	<b>20</b> <b>Chef's Choice</b> 
<b>24</b> Split Pea Soup Tuna Salad Fresh Spinach Diced Pears	<b>25</b> <b>Thanksgiving Meal</b> Fresh Carved Turkey Bread Stuffing Green Beans Fruit Cocktail Cranberry Sauce Pumpkin Pie	<b>26</b> Grilled Chicken Fresh Romaine Lettuce Diced Peaches Cesar Dressing Parmesan Cheese	<b>27</b> <b>Center is Closed</b> <b>Thanksgiving</b> 

# Urbana Senior Center

## Congregate Meals Information

### Dates and Times

Monday-Thursday (excluding holidays)  
Meals served at Noon

### Reservations/ Cancellations

Reservations must be made at least 48 hours in advance.  
Cancellations may be made up to 24 hours in advance.  
Register in person at the Center or call 301-600-7020.

### Cost

The cost is \$4.80 per participant per meal.  
The Department of Aging must pay for every meal that has been reserved. All meal participants under the age of 60 must pay the full price. Seniors who are 60 years old or older are encouraged to donate as much as they are able up to the full cost of the meal.  
A donation is expected to cover the full cost of any meal that is reserved and is not cancelled in advance.

### Payment

Checks should be made payable to "Frederick County Department of Aging".  
Cash is also accepted but it must be for the exact amount; staff members are not permitted to make change.

### Menus

Menus are published monthly. They are available the last week of the previous month. They are also published online at [www.FrederickCountyMD.gov/doa](http://www.FrederickCountyMD.gov/doa) . The menus are subject to change.

### Transportation: Monday-Thursday

Seniors needing transportation to the Urbana Senior Center for the meal program must call the Senior Center at least 48 hours in advance 301-600-7020. Seniors will be picked up at their homes between 9:45 and 11:00 am. They will be returned to their homes between 1:30 pm and 2:30 pm. Seniors will be given a more accurate pick-up time once routes and number of passengers is established. The cost for transportation is \$2 per round trip. Transportation is limited to the immediate area.

### Inclement Weather

If Frederick County Schools are closed due to inclement weather, the congregate meal, the transportation program, and the Home Delivered Meals for that day will be canceled.